



GTI Grading Syllabus from 2008



Grading Syllabus for 10th Kup

Exercises

Sitting stance single punches (10)
Front rising kicks, left & right (10)
Press-ups (10)
Sajo-Jirugi number 1
Sajo-Jirugi number 2
Three-step sparring number 1

Basic self defence

Linework

Middle obverse punch (Walking Stance)
Low outer forearm block (W-S)
Middle inner forearm block (W-S)
Combination: Middle inner forearm block,
reverse punch (W-S)
Front snap kick (L-stance forearm guard)

Theory relevant to grade

Grading Syllabus for 9th Kup

Exercises

Sitting stance double punches (10)
Front rising kicks, left & right (10)
Press-ups (15)
Sajo-Jirugi number 1
Sajo-Jirugi number 2
Three-step sparring number 1&2
Pattern CHON-JI

Basic self defence

Linework

Middle obverse punch (Walking Stance)
Low outer forearm block (W-S)
Middle inner forearm block (L-Stance)
Outward knifehand strike (L-S)
Inwards crescent kick (L-S f-arm guard)
Outwards crescent kick (" ")

Theory relevant to grade

Grading Syllabus for 8th Kup

Exercises

Sitting stance double punches (10)
Front rising kicks, left & right (10)
Press-ups (20)
Sajo-Jirugi 1&2
Three-step sparring number 1-3
Pattern CHON-JI
Pattern DAN-GUN

Basic self defence

Linework

Middle obverse punch (Walking Stance)
Low outer forearm block (W-S)
Combination: Low outer forearm block,
rising block (W-S)
Knifehand guarding block (L-Stance)
Twin forearm block (L-S)
Turning kick (L-S f-arm guard)

Theory relevant to grade

Grading Syllabus for 7th Kup

Exercises

Sajo-Jirugi 1&2
Pattern CHON-JI
Pattern DAN-GUN
Pattern DO-SAN
Three-step sparring number 1-5
Three-step semi-free sparring

Intermediate self defence
Measure with a hook kick against a board

Linework

Combination: High outer forearm block, middle reverse punch (W-S)
Straight fingertip thrust (W-S)
Wedging block (W-S)
Comb: Front kick, double punch (W-S)
Hook kick (L-S f-arm guard)
Basics and basic kicks

Theory relevant to grade

Grading Syllabus for 6th Kup

Exercises

Sajo-Jirugi 1&2
Previous patterns
Pattern WON-HYO
Three-step sparring number 1-7
Three-step semi-free sparring
Two-step sparring 1 & 2

Intermediate self defence
Measure with a side kick against a board
Theory relevant to grade

Linework

Comb: Twin forearm block, inwards knife-hand strike (L-S), side punch (Fixed-S)
Straight fingertip thrust (W-S)
Comb: Circular block, front kick, reverse punch (W-S)
Comb: Bending ready stance A, side kick, knifehand guarding block (L-S)
Side kick (L-S f-arm guard)
Basics and basic kicks (L-S f-arm guard)

Grading Syllabus for 5th Kup

Exercises

Sajo-Jirugi 1&2
Previous patterns
Pattern YUL-GOK
Three-step sparring number 1-9 or 10
Three-step semi-free sparring
Two-step sparring 1-4

Intermediate self defence
Measure with a turning kick
Theory relevant to grade

Linework

Comb: High inner forearm block, front kick, double punch (W-S)
Comb: Obverse, reverse palm hooking block, obverse punch (W-S)
Comb: Bending ready stance A, side kick, front elbow strike (W-S)
Double forearm block (W-S)
Reverse side kick (L-S f-arm guard)
Basics and basic kicks (L-S f-arm guard)

Grading Syllabus for 4th Kup

Exercises

Sajo-Jirugi 1&2
Previous patterns
Pattern JOONG-GUN
Three-step sparring number 1-9 or 10
Three-step semi-free sparring
Two-step sparring 1-4
One-step sparring
Free sparring

Linework

Combinations from Joong-Gun
Sparring style hand & foot combinations
Jumping side kick (L-S f-arm guard)
Basics

Others

Power test – hand and foot
Intermediate self defence
Theory relevant to grade

Grading Syllabus for 3rd Kup

Exercises

Sajo-Jirugi 1&2
Previous patterns
Pattern TOI-GYE
Three-step sparring number 1-9 or 10
Three-step semi-free sparring
Two-step sparring 1-4
One-step sparring
Free sparring

Linework

Combinations from Toi-Gye
Sparring style hand & foot combinations
Jumping reverse side kick
Basics

Others

Power test – hand and foot
Intermediate self defence
Theory relevant to grade

Grading Syllabus for 2nd Kup

Exercises

Previous patterns
Pattern HWA-RANG
Three-step sparring number 1-9 or 10
Three-step semi-free sparring
Two-step sparring 1-4
One-step sparring
Free sparring
2 verses 1 free sparring

Linework

Combinations from Hwa-Rang
Sparring style hand & foot combinations
Jumping reverse turning kick
Basics

Others

Power test – hand and foot
Advanced self defence
Theory relevant to grade